



# BOUNDARIES COURSE

*Learn the secrets and cultivate the habit of setting and maintaining healthy boundaries that provide rich, productive relationships.*

**1.5 hour session once a week  
8 week course**

**Cost \$50 (includes participant guide)  
Pre-course application essential  
Spaces are limited**

**Call 09 437 6397 or email [enquires@whgcare.org.nz](mailto:enquires@whgcare.org.nz)  
to register your interest**

**Facilitated by trained and registered counsellors**